

# PILATES

Phone 04 345 2131 Fax 04 345 2132 Web- [www.clubstretch.ae](http://www.clubstretch.ae)



## Getting Started...

### **Introductory Package 1200 AED** *(1 month expiry from date of purchase)*

**Includes: 4 private lessons**

After completing 2 private mat lessons and 2 private reformer lessons, students will be ready to join fundamental level mat and reformer classes.

### **Mat only Introductory Package 600 AED** *(1-month expiry from date of purchase)*

**Includes: 2 private lessons**

After completing 2 private mat lessons students will be ready to join fundamental level mat classes only.

## **Fee Schedule** *effective March 8, 2008*

	<b>SOLOS / PRIVATES</b>	<b>EQUIPMENT</b>	<b>MAT</b>
<b>Price per Class per Person</b>	<b>330 AED</b>	<b>100 AED</b>	<b>65 AED</b>
<b>5 Package (2 months valid)</b>	<b>1575 AED (315/ea)</b>	<b>475 AED (95/ea)</b>	<b>310 AED (62/ea)</b>
<b>10 Package (4 months valid)</b>	<b>3000 AED (300/ea)</b>	<b>900 AED (90/ea)</b>	<b>600 AED (60/ea)</b>
<b>20 Package (6 months valid)</b>	<b>5800 AED (290/ea)</b>	<b>1700 AED (85/ea)</b>	<b>1100 AED (55/ea)</b>

<b>Duet Session</b>	<b>225 AED/ea</b>
<b>* Open Studio</b>	<b>40 AED</b>

<b>Introductory Package - 4 Private Lessons – Mat and Reformer – 1 month valid</b>	<b>1200 AED</b>
<b>Introductory Package - 2 Private Lessons – Mat Only – 1 month valid</b>	<b>600 AED</b>

### **\*Open Studio**

The studio is open for self-directed independent workouts space and equipment permitting for students who have demonstrated proficiency up to level II.

We recommended that you schedule private lessons every 4- 6 weeks for deeper exploration of your body's specific needs

# PILATES SUMMER SCHEDULE (updated 20 May 2010)

(We will be adding more classes again in September)

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
08:30 AM					Ref IV Susanne	
09:30 AM	Mat III - IV Sheena	Mat II Jeanique	Mat III - IV Susanne	Mat II Brian	Ref II Jeanique	Ref I Jeanique
10:30 AM	Ref III Susanne/ Jessy	Ref I Susanne		Mat I Sheena		P/E III Susanne
11:30 AM	Mat II Sheena		Ref II Sandy			
12:30 PM	Ref I Sheena					
04:00 PM						
05:00 PM	Mat II Walid					Trainee Teaching Skills
06:00 PM		Ref III Jeanique	Mat III Walid	Trainee Class	Ref II Walid	
07:00 PM		Mat IV Susanne	Ref II Sheena	Ref IV Sheena	P/E III Susanne	
08:00 PM		Mat I Sheena		Mat II Sheena	Ref I Susanne	

***\*All group classes must be reserved in advance! Cancellations anytime up until 5PM the day before will be charged full price! Instructors subject to change without notice.***

***Ask your instructor if you have questions about what level class you should be attending!***

## **Mat and Reformer Classes**

### **Fundamental (level 1)**

Emphasis is on understanding the fundamental principles of the Pilates method including proper pelvic/spinal alignment, breath control and use of the deeper muscles of the core to initiate correct movement will be the focus. You will start building the foundation for a strong stable core to provide support in your daily activities as well as prepare you for more challenging exercises to come.

### **Beginner (level 2)**

You will utilise the skills learned in your solo sessions and build on these as you are introduced to more exercises. Emphasis will continue to be on increasing breath capacity, coordination, precision, control, concentration, pelvic stability, and spinal articulation.

### **Intermediate (level 3)**

You will be challenged with a faster pace and more layering of new exercises. You will begin to learn to transition quickly between the exercises and link them into a flowing, graceful and efficient workout.

### **Advanced (level 4-5)**

For the experienced student who is ready to explore the full repertoire of Pilates exercises in a fast paced class. Students will be challenged to work with greater range of motion while adhering to the concepts of "centring, concentration, control, precision, breath, and flow". Increased emphasis will be placed on shoulder stability, oppositional energy, spinal articulation, uniform development of the body and smooth flowing transitions between exercises. A vigorous workout that will have you moving continuously from your core for the whole hour!

### **Pole/Equipment Classes (beginner or intermediate level)**

Benefit from the support of spring tension to better develop resilient, powerful muscles, balanced decompressed joints and a powerful and supportive core by exploring the full range Pilates equipment.